

# Andwell Adult Grief Groups – Fall 2025

## Rebuilding Your Narrative – after sudden or unexpected loss

15 Strawberry Ave, Lewiston, ME

**Tuesdays:** 9/2/25–11/4/25    **Time:** 5:30–7:00pm (10 weeks)

This group is to support those who are navigating their grief because of a loved one's sudden, traumatic, or unexpected death.

## Guidance Through Grief Group

15 Strawberry Ave, Lewiston, ME

**Thursdays:** 9/4/25–10/23/25    **Time:** 10:00–11:30am (8 weeks)

We offer this grief group to support individuals who have experienced a loss and need a place to work through the grieving process.

## Partner Loss Grief Group

39 Main St, Unit 2, Norway, ME

**Thursdays:** 9/11/25–10/30/25    **Time:** 3:30–5:00pm (8 weeks)

For individuals who have experienced the loss of a spouse, fiancé, or significant other.

## Memorial 'Junk' Journaling

15 Strawberry Ave, Lewiston, ME

**Mondays:** 9/8/25–10/20/25    **Time:** 2:00–3:30pm (7 weeks)

\*Step 2 in the grieving process\*

Memory scrapbooking in a new and fun journey through grief. You will be able to share memories of your loved one while turning 'junk' into treasure by creating a unique book of remembrance.

## Partner Loss Grief Group

15 Strawberry Ave, Lewiston, ME

**Wednesdays:** 9/24/25–11/12/25    **Time:** 10:00–11:30am (8 weeks)

For individuals who have experienced the loss of a spouse, fiancé, or significant other.

## Getting Through the Holidays

15 Strawberry Ave, Lewiston, ME

**Mondays:** 10/27/25–12/15/25    **Time:** 2:00–3:30pm (8 weeks)

Regardless of what holidays you observe, they can be especially difficult if you are grieving the loss of someone who would have been with you.



15 Strawberry Avenue  
Lewiston, Maine 04240

**(800) 482-7412**

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